



Menu Name : Parnassus Preparatory School Grades K-8 Lunch Menu	Options Provided : Hot & Hot Veg
Grade Level / Age Group : 6-8 Grades	Meal Pattern : NSLP
Meal: Lunch	
March - 2024	

Whats Cooking in CKC?		Friday, March 1, 2024
Hot Meal	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale. southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	Fresh Hot Delivered Pizza Assorted Salad Bar Crisp Varietal Apple Choice Milk
	Hot Veg	Fresh Hot Cheese Pizza

Monday, March 4, 2024		Tuesday, March 5, 2024		Wednesday, March 6, 2024		Thursday, March 7, 2024		Friday, March 8, 2024	
Hot Meal	Premium Chicken Nuggets w/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	<i>New</i> Authentic Chicken Tamale	Fresh Hot Delivered Pizza				
	WG Bakery Roll	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Authentic, soft, moist Chicken & Green Sauce Tamale	Assorted Salad Bar				
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Boom Sauce	Crisp Varietal Apple				
	Pineapple Tidbits	Chilled Pears	Assorted Salad Bar	Assorted Salad Bar	Choice Milk				
Choice Milk	Choice Milk	Banana & Choice Milk	Fresh Orange & Choice Milk						
Hot Veg	Grilled Cheese Sandwich	French Bread Pizza	Veggie Garden Burger	Veggie Bean Burrito	Fresh Hot Cheese Pizza				

Monday, March 11, 2024		Tuesday, March 12, 2024		Wednesday, March 13, 2024		Thursday, March 14, 2024		Friday, March 15, 2024	
Hot Meal	All Beef Hot Dog	CKC Sticky Drumstick	Cheese Calzone	Sweet & Sour Chicken	Fresh Hot Delivered Pizza				
	WG Hot Dog Bun, Ketchup	Wheat Thins	Assorted Salad Bar	Steamed Seasoned Brown Rice	Assorted Salad Bar				
	Assorted Salad Bar	Assorted Salad Bar	Banana	Assorted Salad Bar	Crisp Varietal Apple				
	Strawberry Bites	Chilled Pears	Choice Milk	Fresh Orange	Choice Milk				
Pineapple Tidbits & Choice Milk	Choice Milk		Choice Milk						
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza				

Monday, March 18, 2024		Tuesday, March 19, 2024		Wednesday, March 20, 2024		Thursday, March 21, 2024		Friday, March 22, 2024	
Hot Meal	Cool Ranch Crunch Burger ... <i>(yep, we will send ketchup)</i>	Brunch Lunch	Beef Burrito Bowl	Chicken & Egg Fried Rice	Fresh Hot Delivered Pizza				
	Top your Burger with Cool Ranch Doritos	French Toast Sticks & Syrup	Seasoned Beef, Rice, Chz & Crema	Grahams	Assorted Salad Bar				
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple				
	Pineapple Tidbits & Choice Milk	Chilled Pears	Banana	Fresh Orange	Choice Milk				
Choice Milk	Choice Milk	Choice Milk	Choice Milk						
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Dinner Roll	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza				

Monday, March 25, 2024		Tuesday, March 26, 2024		Wednesday, March 27, 2024		Thursday, March 28, 2024		Friday, March 29, 2024	
Hot Meal	Chicken Tenders & Dip	Bean & Cheese Pupusa	<i>New</i> Southern Drumstick	Tots & Beef Crunch	Fresh Hot Delivered Pizza				
	Cracker Crisps	Boom Sauce	Mildly Seasoned Chicken Drumstick	Seasoned Beef & Smashed Tater Tots served on Tostitos	Assorted Salad Bar				
	Assorted Salad Bar	Assorted Salad Bar	WG Dinner Roll	Crema	Crisp Varietal Apple				
	Pineapple Tidbits	Chilled Pears	Assorted Salad Bar & Banana	Assorted Salad Bar & Fresh Orange	Choice Milk				
Choice Milk	Choice Milk	Grahams & Choice Milk	Choice Milk						
Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Fresh Hot Cheese Pizza				

*** Hot Veg meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.

April 2024 Menu (Subject to Change)

		Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024			
Hot Meal		Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza	Week IV		
		Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Assorted Salad Bar			
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	<i>Coleslaw - Dare you to try in your Tinga wrap :)</i>	Crisp Varietal Apple			
		Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar & Fresh Orange	Choice Milk			
		Choice Milk	Choice Milk	Wafers & Choice Milk	Berry Crackers & Choice Milk				
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Fresh Hot Cheese Pizza				
		Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024				
Hot Meal		Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	<i>New</i> Teriyaki Drumstick	Week V			
		Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll				
		Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar				
		Assorted Salad Bar	Chilled Pears	Assorted Salad Bar	Fresh Orange				
		Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk				
Hot Veg	Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Cheese Quesadilla					